



Laughlin AFB

Adventure Race VII



Laughlin's 7th Annual Adventure Race (AR7) will be held on Saturday, 9 Apr 2011... **RAIN OR SHINE!**
AR7 begins at Losano Fitness Center (bldg. 362) at Laughlin AFB, Texas (just east of Del Rio), Texas on HWY 90.

This is a TEAM event in which you will have 4 team members on the course, together as a team, at all times. There are LOTS of substitution areas. Team members must remain within 100 feet of each other - you are only as fast as your slowest member!

Event Timeline:

0645 to 0700: Check-in and team race packet pick-up (PLEASE HAVE ONLY TEAM CAPTAIN REPORT TO CHECK-IN TABLE)

0730 to 0800: MANDATORY Safety Briefing inside Losano Fitness Center Basketball Court

0800 to 0830: Final Race Preparations (TIME TO PLAN TEAM STRATEGY!)

0830 SHARP! AR7 BEGINS!!!

WHAT YOUR TEAM MUST PROVIDE (items are MANDATORY):

- Team vehicle (with driver) – must carry all substitutes, bikes when necessary, any other team gear. ONLY 1 team vehicle per team will be allowed on the course.
- 4 bikes – YOU MUST START AND FINISH WITH THE SAME BIKE. Keep in mind that the course will go over roads, rough terrain, and possible water junctions. Make sure your bikes are in good working order before the race. In Del Rio, Lakeside Sports (774-5288) can provide you with discounted “check-ups” if you mention the AR7 (first come first served...don't wait).
- 4 bicycle helmets – must be in safe condition with working chin strap (CPSC safety approved).
- Any other personal items your team members need (running shoes, race hydration, food, etc.)

WHAT THE RACE WILL PROVIDE:

- Coleman inflatable rafts – we have two versions of the same raft. All teams MUST use race issued rafts.
- Paddles – Paddles are provided, however you MAY BRING YOUR OWN PADDLES. Your team has to transport and store your own paddles; Race Officials will not hold them for you.
- Life Jackets – we will provide basic life jackets. We encourage teams that have life jackets to bring their own. If you bring your own, it must be a Type I, II, or III Personal Floatation Device.
- Race Numbers – each team member will be issued a team number and must wear it at all times. Pinned to the back of the shirt or the front of the shorts is preferred.
- LOTS of water stations (we still strongly suggest that you carry additional hydration with you).
- Safety and Medical Support Crews.

ADDITIONAL ITEMS WE WOULD ENCOURAGE YOU TO BRING:

- Extra bike stuff – spare tubes, basic bike tools, bike pump, etc.
- Extra pair of shoes – you must wear shoes in the raft. Your shoes will get wet. You may want to bring an extra pair.
- Water / Food – water bottles for your bike, cooler with water/sports drink to keep in vehicle, Camelbak, race food, energy bars, etc.
- Extra / Proper Clothing – you will finish the race wet and sweaty, you may also find a towel useful. There are NO shower facilities at the finish....but there are restrooms where you can change clothes.
- Sunscreen / Hat / etc. – proper sun protection
- Fishing pole – hey, when you're done you're at the #1 rated bass fishing lake in the U.S., Lake Amistad. Wet a hook!

Course Rules

The actual course is TOP SECRET. You will be briefed on the course, and receive course maps, in the Safety Briefing in the Losano Fitness Center at 0730 on RACE DAY! Below are the general Course Rules. If you are not sure if something is “legal” or “illegal”...ask before you do it.

Violations will incur a penalty that may add 10 minutes per violation to your team’s finishing time. Race Officials have complete authority in determining the severity of the violation and the penalty that will be assessed. NO WHINING IS ALLOWED. THERE IS NO “APPEAL PROCESS”.

OVERALL:

- Race issued number MUST be visible at ALL times. Pinned to back of shirt or front of shorts is preferred.
- Each active team member must stay within 100 feet of all team members while on the course.
- YOU are responsible for your trash! DO NOT throw drink bottles, gel or bar wrappers, etc. down on the race course. If you bring it, make sure it gets into a trash can or take it home with you.
- All participants MUST obey the instructions of RACE CREW at all times.
- NO EARPHONES, IPODS OR OTHER PERSONAL MUSIC SYSTEMS – immediate disqualification if seen using these items on the course.

CHECK / SUB POINTS:

- Substitutions may only be completed in designated substitution areas.
- You may substitute none, some, or all of your active racers. This is limited to the 8 members of your team that you register with. You may sub in/out as many times as you wish.
- You CANNOT substitute people into the race that are not registered.
- Active racers MUST check-in at Check/Sub Point before accomplishing substitution and continuing on the course.
- For individuals NOT utilizing a substitution point (XTreme Teams), you MUST ensure that the checkpoint official knows your team number before you BLAZE thru the checkpoint.
- Check / Sub Points are areas of congestion. Racers (bikers and runners) have the right of way at all times. However, you need to remain aware at all times of possible vehicles in the area. These areas are “slow” areas. DO NOT FLY THRU A CHECK POINT AREA. If you compromise race safety by flying thru a check point, your team WILL BE DISQUALIFIED!

BIKE:

- Helmets are mandatory at all times while on the bike course.
- Bikers must ride single file on the right side of the shoulder when on HWY 90.
- Overtaking teams must call out “ON YOUR LEFT” and pass to the left of the slower team. The slower team must allow the faster team to pass safely and unobstructed. Passing team MUST stay on the shoulder at all times.
- When utilizing the open substitution area along US HWY 90 between the HWY 90 / 277 split and the last gas station on the right before Checkpoint 3, all racers and team vehicles MUST pull completely off of the paved highway shoulder and complete all substituting actions in the grass. Everyone MUST stay well clear of the shoulder to allow passing bikes to have a clear, safe shoulder.
- WHATEVER STYLE OF BIKE YOU BEGIN WITH MUST BE THE BIKE YOU FINISH WITH

RUN:

- Always run on the right side of the road and be aware of auto and bicycle traffic around you.
- Use extreme caution when crossing roads.

RAFT:

- All rafters MUST have life jackets on and properly buckled before team will be allowed to enter water.
- All rafters MUST stay in the raft at all times (NO SWIMMING).
- Race issued rafts MUST be used.
- No motors, sails, fins, or any other team provided equipment may be used during the rafting portion of the race in an attempt to improve raft performance.
- Life jackets MUST be worn at all times.
- Shoes MUST be worn in the raft. You will need them going in and out of the water.
- No sabotaging other team’s rafts or interfering with their progress.
- When exiting with your raft, do not run until you have reached paved portion of road. The initial dirt portion is very rough and your legs will be a bit tight from being in the raft.

TEAM VEHICLES:

- Only one team vehicle per team!
- Carry cell phone for emergency purposes. You will be issued a list of numbers to use in the event of an emergency.
- Use extreme caution not to interfere with racers. Your team vehicle can cause team disqualification.
- When utilizing the open substitution area along US HWY 90 between the HWY 90 / 277 split and the last gas station on the right before Checkpoint 3, all racers and team vehicles MUST pull completely off of the paved highway shoulder and complete all substituting actions in the grass. Everyone MUST stay well clear of the shoulder to allow passing bikes to have a clear, safe shoulder.
- Team vehicles MUST utilize designated parking areas until allowed entry to the finish area.
- You MUST obey all posted speed limits. AR7 “posted” speed limit after exiting HWY 90 onto SPUR 349 (out by the lake) is 15 MPH or slower at all times.